

CLAIMS

1. A pack suitable for housing at least one of: liquid content and solid-liquid contents; said pack comprising a wall with a layer of board, an inner layer sufficiently impermeable to create a seal between said layer of board and said pack's contents, and an outer protective layer covering said board; wherein said pack's layers are microwavable and said outer layer is breathable.
2. A pack according to claim 1, wherein said outer layer is a varnish and said pack incorporates a further layer between said varnish layer and said board which is of ink and which is breathable.
3. A pack according to claim 2, wherein said pack incorporates a breathable region which is substantially limited to the ink layer area.
4. A pack according to claim 1, wherein the breathable region comprises perforations spaced within the range of 5mm to 40mm.
5. A pack according to claim 4, wherein the pitch of said perforations is substantially 20mm.
6. A pack according to claim 4, wherein said perforations are strips.
7. A pack according to claim 1, wherein said outer layer is formed by strands of appropriate material with gaps formed between the strands acting as breathable regions.
8. A sheet comprising a layer of board, an impermeable layer covering one side and a protective layer on the other side covering said board, wherein said layers are microwavable and said protective layer incorporates at least one of: a breathable region and breathable regions.